One Year of Safety, Healing and Growth...

A WOMAN AND HER SON TRANSITION FROM VICTIMS TO SURVIVORS

My son and I came to Susan B. Anthony Project in February 2008 as victims of domestic violence. For 15 years, my husband told me, “You can’t get out, you won’t get out, there is no hope, and this is your life.” I found the courage to leave when my 9 year old son said, “Mom, when can I divorce dad?” I thought I was staying to protect him. We left the next day. This was our first year on our own.

March 2008 — we gathered strength.
April 2008 — Susan B. Anthony Project helped us find a place to call home. A real home, not just a house. A home where we can be safe, relax, invite our friends and family over without fear. Something HE said would never happen.
May 2008 — My son made me a Mother’s Day dinner. A dinner made with love and lumpy potatoes. The best potatoes I have ever had!
June 2008 — We celebrated my son’s birthday. A birthday with friends, pizza, balloons, and boys running in and out of the house, shooting hoops, and most of all, there was laughter.

July 2008 — We continue to grow, and yes there are growing pains. The nightmares are still there.
September 2008 — As the leaves changed, so did we. We no longer chose to be victims. We chose to become survivors.

October 2008 — I wrote a poem that I wanted to read at the Candlelight Vigil. With the help of my counselor, I stood before a large crowd and read our story. As I read, my son ran to me, held me, and that let me know that the decision to leave was the right choice.

November 2008 — With the holidays approaching, I was scared. My support group helped me express my feelings and fears.
December 2008 — We celebrated my 42nd birthday. I realized that I had become the strong woman that was hidden for so long.

January 2008 — Happy New Year? YES! Happy New Year and Happy New Beginnings.
February 2009 — My son and I are together in our home, safe, and beginning our new life together.

TODAY, September 2010 — I have a full-time job working as a teacher’s aide. My son is in school, and we are thriving.

October is Domestic Violence Awareness Month

October 7 at 6:30 pm, Coe Park, Torrington. Remembering victims of domestic violence and celebrating those who have survived.

Domestic Violence Awareness Month Wreath will be hung by Torrington Mayor Ryan Bingham on October 1st, 9:00 am at Torrington City Hall.

Empty Place at the Table Exhibit at Northwestern CT Community College, Winsted. The exhibit memorializes the women and children who have been killed by their abusers and no longer fill a place at the table.
Authors’ Luncheon
SATURDAY, NOVEMBER 13, 2010
AT NOON


Elizabeth Noble: Author of The Girl Next Door, The Reading Group, The Friendship Test, Alphabet Weekend, and Things I Want My Daughters to Know. She is a former British publishing executive who now lives with her husband and their two daughters in New York City.

Ghita Schwarz: Author of Displaced Persons, Schwarz is a civil rights litigator specializing in immigrants’ rights. She grew up in a family of postwar Jewish refugees in New York City. She attended Harvard College and Columbia Law School. Her fiction and nonfiction have appeared in Ploughshares, The Believer, and The San Francisco Bay Guardian.

Moderator: Joseph Montebello, is the host of ‘Between the Covers,’ a radio show that produces in-depth interviews with authors from every genre. The show airs weekly on WVOX in New Rochelle, NY. Prior to his radio career, he was Vice-President and Creative Director at HarperCollins Publishers.

Location: Torrington Country Club, Goshen, CT
Tickets: $60 a person and can be purchased at www.sbaproject.org, click on Events. Limited seating, call Nancy Rogers at 860-489-3798 to reserve a table. Sponsored by Torrington Savings Bank and Hickory Stick Bookshop.

SUPPORT GROUPS AND WORKSHOPS

HEART Group: (Help End Abusive Relationship Tendencies)
An on-going, peer support group for women who have experienced any form of family violence. Childcare is available. Please call 860-882-7133 to speak with a facilitator for more details about the group.

Women’s TREM Group for Trauma Survivors
A new group for survivors of trauma. Focuses on awareness and self-discovery for healing from past trauma. For more information about joining this group, please call Mary or Laura at 860-849-3798.

Un Grupo del Apoyo para la Violencia Domestica
Un grupo en español para los clientes de la violencia domestica. El propósito del grupo es para tener una atmósfera del apoyo y de la ayuda para las víctimas de la violencia domestica, y para compartir los pensamientos, los sentimientos, y los recursos de la comunidad. Los clientes pueden llamar a Karie a (860)5489-3798, extensión 323 para más información y para registrarse, o pueden llamar a Joselyn, a (800) 489-3798, extensión 402.

Self-Esteem Support Group
A new group will be forming soon. Call Linda at 860-849-3798 for more information and to join the wait list.

Ways to Give... IT ALL BEGINS WITH YOU

Susan B. Anthony Project receives over 40% of its budget from people like you.

• Outright Gift: The simplest method of giving by check or credit card
  Please use the enclosed envelope or make a secure online gift at www.sbaproject.org

• Appreciated Securities: A gift of appreciated securities can provide considerable tax benefits.

• Gifts to Susan B. Anthony Project Endowment Fund: Income from this fund provides program support.

• Wills and Bequests: Bequeatha to Susan B. Anthony Project to receive the maximum benefit.

To make a gift or to learn about these and other charitable giving programs, contact Nancy Rogers, Director of Development, at 860-849-3798 or nrogers@sbaproject.org.

Susan B. Anthony Project is a 501(c)(3) nonprofit organization.

SUSAN B. ANTHONY PROJECT HONORED BY NORTHWEST CT’S CHAMBER OF COMMERCE

Susan B. Anthony Project Honored by Northwest CT’s Chamber of Commerce

Barbara Spiegel, SBAP executive director, accepted the 2010 Quality of Life Award. Robert F. Petricone (left) received the Community Leader Award and John R. Umans (right) received the Business Leader Award.

WISH LIST

If you have questions about an item listed, please call 860-849-3798 and ask for Cindy. Or visit our web page for more details: www.sbaproject.org.

OUR CLIENTS’ MOST PRESSING NEEDS

Gas gift cards
Grocery Store gift cards
Clothing Store gift cards
Phone cards

CASH DONATIONS
For client assistance

BEDDING
Twin, double & crib

PERSONAL HYGIENE
Items for women & babies
Dipers – all sizes
Baby Wipes

SHELTER SUPPLIES
Cleaning
Kitchen supplies

MISCELLANEOUS
Backpacks
Umbrellas
Wii Games
Flashlights & Batteries, all sizes
Sports Bras, all sizes
New sweatershirts & t-shirts for women & children, all sizes
New underwear & socks for women & children, all sizes
Craft Supplies (beading & jewelry making)

NEWS FROM SUSAN B. ANTHONY PROJECT

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Interested in Volunteering?
SBAP NEEDS YOUR HELP!

There are many ways to volunteer at Susan B. Anthony Project.

Direct Service Volunteer — a 40-hour training program prepares you to:
- Answer the Crisis Hotline
- Co-facilitate a Support Group
- Help with school presentations

Special Event, Programs & Fundraising
- Sell Holiday Wreaths
- Help with wreath pick-ups
- Help with mailings

General Volunteer
- Chalkcare for evening Support Groups
- Bilingual Volunteer
- Receptionist

For more information, go to www.sbaproject.org and click on volunteer opportunity link or call volunteer coordinator at (860) 489-3798.

Holiday Wreath Sale

Handmade in Maine

20” @ $15
28” @ $30
38” @ $50

Wreaths are available for pick up the week of December 6th.

Become a volunteer seller, email Denise at dtorson@sbaproject.org

Adopt a Family For The Holidays

Please help us make the holidays special for one of our families. To adopt a family for the holidays, call Jeanne at 860-489-3798 by Monday, November 15.


Cash — To purchase gifts for teenagers and adult women

Alcoa Howmet employees Mary Noel & Brady Miller at Torrington Stop & Shop with SBAP Community Educator Jessica Marini. The Howmet Action Event collected donations for SBAP.


Girl Scouts from Bethlehem, Goshen, Norfolk, Torrington and Woodbury with Keith Mutch of Torrington Family Kempo and SBAP Community Educator Rosanna Canino. The karate event raised $5,000 for SBAP.

Melissa Clarke, BANK OF AMERICA Torrington Branch Manager presenting a check for $7,500 to Nancy Rogers, SBAP Director of Development.

PETIT FAMILY FOUNDATION awarded a $5,000 grant to Susan B. Anthony Project. William A. Petit, Sr. (PFF vice president), Barbara Petit (PFF member), Dr. William A. Petit, Jr. (PFF president), Scott Ragaglia (SBAP board member), Barbara Spiegel (SBAP executive director), and Johanna Petit Chapman (PFF board member).
Momix in Colebrook

Over 100 guests attended the fundraiser hosted by Sukey Wagner at her home in Colebrook, CT, sponsored by Karpas Strategies.

OCTOBER IS...
Domestic Violence Awareness Month
Candlelight Vigil, Thurs., Oct. 7, 6:30 p.m., Coe Park, Torrington

Susan B. Anthony Project
179 Water Street
Torrington, CT 06790
Office: 860-489-3798
www.sbabproject.org


Susan B. Anthony Project
is a United Way Agency

MISSION STATEMENT

Susan B. Anthony Project promotes safety, healing and growth for all survivors of domestic and sexual abuse and advocates for the autonomy of women and the end of interpersonal violence.

24-HOUR CRISIS LINE:
860-482-7133

STATEWIDE TOLL FREE HOTLINES:
Domestic Violence: 1-888-774-2900
Sexual Assault: 1-888-999-5545
En Espanol: 1-888-568-8332

SBAP Executive Director, Barbara Spiegel; Moses Pendleton, MOMIX founder and artistic director; Matthew Karpas, Karpas Strategies; Cynthia Quinn, MOMIX associate artistic director